



**A TASTE OF SOMALIA
IN EDMONTON**
AUTHENTICITY IS THE
DIFFERENCE {page 22}

**'TIS BETTER TO GIVE
THAN TO RECEIVE**
LET METRO'S GIFT
GUIDE HELP {pages 23-28}



'AMORAL AND DISGUSTING' PRANK

{page 9}

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News worth sharing.

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Grey Cup. Party time



► Rick Lelacheur, Mark Cohen and Doug Goss share the Grey Cup as the fireworks kick off the Grey Cup Festival at city hall yesterday.

ASPER ZETTEL/FOR METRO

Long weekend of festivities begins

Edmontonians warmed things up last night to kick off the city's official Grey Cup festivities at city hall. Kickoff for the 98th Grey Cup is 4:30 p.m. Sunday.

A Christmas style statement

Karl Lohnes' tips on making the most of your tree {page 21}

And the moral of the story is...

What John Mazerolle learned from a sucker-punch {page 13}

This time, C is for 'canned'

► Alberta Health Services CEO steps down amid cookie flap ► AHS VP takes over on interim basis ► Duckett's contract stipulates \$700,000 taxpayer-funded severance

Alberta's top health bureaucrat is leaving his position, days after rebuffing reporters at an emergency meeting on long wait times by saying he was eating a cookie.

Alberta Health Services chairman Ken Hughes said yesterday that after receiving "clear direction" from Health Minister Gene Zwozdesky, CEO Stephen Duckett and the board agreed to part ways.

"We agreed his ability to be effective in that role was compromised," said Hughes.

Duckett's status had been looking increasingly tenuous over the last week as debate raged over who is responsible for long emergency room waits. The lineups have drawn increasing criticism from doctors and patients and sparked an outburst from Raj Sherman, an Edmonton government member who is also an ER doctor.

Sherman was so critical of both the bureaucrats and his fellow members of government that he was suspended from caucus.

Hughes said the cookie incident was just one of the reasons Duckett is no longer CEO.

Decisive action

Although the AHS board is supposed to be at arm's length from the government, Health Minister Zwozdesky did not apologize for giving it its marching orders.

- "The board operates in an arm's-length fashion but they are responsible to me as the minister and I take that responsibility very seriously," Zwozdesky said.
- At least one board member has resigned over the decision.
- The premier pronounced himself content with the board's decision.

Reporters tried last Friday to ask him questions after a meeting of health-care administrators to discuss emergency wait times. Duckett ran away, claiming he was busy eating a cookie. He later apologized, but video of the incident went viral and inspired satirical web videos.

THE CANADIAN PRESS
TASTE-TESTING THAT NOW-INFAMOUS COOKIE, PAGE 3

Another day, another forest protected.

FOREST FIRE WATCH

Another day, another forest protected.

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AUPE

A black and white photograph of two women posing together. The woman on the left has long dark hair and is wearing a black, sleeveless, draped dress. The woman on the right has short dark hair and is wearing a red, sleeveless, draped dress. They are both looking towards the camera with their heads close together.

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CHILD POVERTY

53,000 kids living in poverty: New report

A new report suggests 53,000 Alberta children are living below the poverty line.

The Edmonton Social Planning Council and Public Interest Alberta re-

leased a report stating these children lived below the Statistics Canada low-income cut-off in 2008.

The report states the number could be higher today because of the effects of the recession.

"It is just plain wrong that in one of the wealthiest parts of the world we have so many children that are struggling in poverty," said Bill Moore-Kilgannon, the executive director of Public Interest Alberta. **• METRO**

Tourist tax for resort towns?

The Alberta Urban Municipalities Association says it would like to have the ability to impose a sales or hotel tax to help pay for services.

Association president Darren Aldous says resort communities see their population double or triple in the summer, and those people are using certain services and costing local taxpayers. **• METRO**

Gymnastics teacher on trial

A teenage girl has testified that an Edmonton gymnastics instructor assaulted her while she was bent over backwards during a handspring exercise.

The 14-year-old was on the stand Tuesday at the start of the trial for Perry Nile Larsen on charges of sexual assault and unlawful touching stemming from the alleged 2008 incident. **THE CANADIAN PRESS**

The long and winding road to the Grey Cup



► Anita Sooley, left, Mark Muench and Allison Muench walk down Gateway Boulevard on their way to Commonwealth Stadium yesterday afternoon.

► The CFL championship game goes ahead Sunday at 4:30 p.m.

Mark Muench has become intimately familiar with the weather over the past five days.

Muench and a team of extended family set out to walk from Calgary to Edmonton for the Grey Cup, all for a good cause.

So far, Muench has raised almost \$10,000 for Alberta Food Banks.

"Every community is really (into) it. They've all got events going on, they're all rallying around it so the donations are great," said Muench. "The (food) donations are staying with the area, and the money is going into the Alberta Food Bank Community Distributor at the end of the month."

Organizations say the donations couldn't come at a better time. "For our organization, while we do

Now serving

- Last year, Alberta Food Banks distributed 1.5 million pounds of food across Alberta.
- The Edmonton Food Bank is currently serving approximately 15,000 people each month.

get funding from the United Way, we also have to fundraise because we don't receive government funding," said Marjorie Bencz, the Edmonton Food Bank's executive director. "This type of initiative is really important to us."

Muench will be accepting donations today at 96th Street and Jasper Avenue, and at Commonwealth Stadium before the Grey Cup game starts.

• ASPEN ZETTEL

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News in brief

ASPN ZETTEL/FOR METRO

**Grey Cup goes to city hall**

FOOTBALL. The Grey Cup paused at city hall yesterday to bask in the glory of the game to come, as fans got a glimpse of the trophy. The Cup was donated by Earl Grey in 1909 and has been used by the CFL since 1954. The Grey Cup 2010 Kick Off yesterday launched this week's festivities, leading up to the big game on Sunday.

• METRO

Woman hurt after truck hit

COLLISION. A female pedestrian in her 60s sus-

tained life-threatening injuries after being struck by a half-ton truck yesterday morning.

The collision occurred around 7:30 a.m. when the woman was crossing the street at 66 Street and 120 Avenue in an unmarked crosswalk.

She was then struck by a white Toyota truck travelling south on 66 Street. Police have interviewed the driver of the Toyota but are looking for more witnesses. • METRO

Court dates set for duo accused in stabbing

ATTACK. Court dates have been set for two Edmontonians involved in a multiple stabbing incident in St. Albert early Saturday. Ebraheem Mustapha, 18, and another male youth will appear in St. Albert Provincial Court on Dec. 6 and 7, respectively.

The two face charges after an incident at Friday's Pub that saw two men stabbed after the accused were asked to leave the premises. • METRO

The changing face of Boyle Street

- Phase 1 of the Boyle Renaissance underway
- The project is expected to be complete in 2010



ERIC O'BRIEN

EDMONTON@METRONEWS.CA

**Fast facts**

- The Boyle Street neighbourhood has been around since 1905.
- A 14,000-square-foot community centre is planned for the area.
- Daycare services and underground parking are also in the works.
- Ten per cent of the housing has been designed for those with reduced mobility.

\$38M

The provincial government donated \$25 million to the project, while the City of Edmonton contributed \$13 million.

"It's better for the taxpayer," he said.

City and provincial officials were on hand yesterday to break ground for the \$42.2-million Boyle Renaissance, a project spanning the area between 95th and 96 Street from 103 A Avenue up to the LRT tracks.

The key feature will be a YMCA-sponsored affordable housing complex

heads up!

LOOK OUT FOR EACH OTHER

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- Be alert for pedestrians at all times, especially at intersections and crosswalks, and even more so in low light or poor weather.
- Pay attention. Avoid distractions like texting.
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- Watch for vehicles slowing down around you. They may be yielding to a pedestrian.

www.edmonton.ca/headsup

Collisions between pedestrians and drivers happen, on average, once every day.

Many happen when pedestrians are crossing the street with the right of way.



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► Edmonton police forensics investigators comb the shooting scene for further clues.

Police probe shooting

Officers find man laying in parking lot with what they believe to be multiple gunshot wounds. Anyone with information is asked to call police.

A 22-year-old man remains in hospital after a shooting incident early yesterday morning.

Police found a man laying in a parking lot near

108 Street and 102 Avenue around 5:30 a.m. with what they believe to be multiple gunshot wounds.

The investigators are still trying to piece together

what happened," said Patricia Thenu, police spokeswoman.

The man was rushed to hospital in serious condition and underwent sur-

gery.

No word on whether a weapon has been found or if any witnesses have been interviewed.

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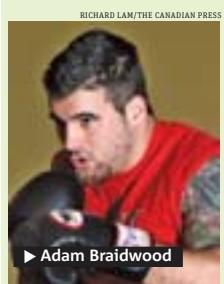
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News in brief



► Adam Braidwood

CFLer's trial adjourned

Edmonton Eskimo's Adam Braidwood's trial has been adjourned until Dec. 15 at Stony Plain Provincial Court.

Braidwood and two other men have been

charged with aggravated assault and forcible confinement in an incident last week.

All men were released on cash bail.

● METRO

Soldering led to \$2.6M damage in house fire

A fire that ripped through two top-floor suites of a downtown apartment building Tuesday morning has caused about \$2.6 million in damage.

Fire officials say the fire started in a bathroom when a fibre-board sound barrier ignited while a worker was soldering a pipe at the 113 Street and 99 Avenue building.

● METRO

New blast ends last hopes for trapped miners

► Police say none could have lived — explosion was 'prolific' ► All New Zealand cloaked in mourning

Flags of mourning are flying New Zealand today.

A second powerful blast has ended all hope for the families of 29 New Zealand miners missing underground since last week.

Yesterday's massive explosion deep inside the South Island mine came five days after the men were caught underground by a similar blast.

Even in the unlikely event any survived the first one, police said none could have lived through the second.

"The blast was prolific," said police Supt. Gary Knowles, "just as severe as the first."

Prime Minister John Key



► New Zealand's John Key

declared the disaster a national tragedy, and across New Zealand today flags are flying at half staff and many churches have held services for people wanting to show respect.

The second blast happened as rescue teams

were in full gear and ready to begin searching.

As families gathered for a daily briefing on the rescue operation, they hoped for the best.

But before Pike River Coal chief Peter Whittall could tell them about the latest blast, some broke into applause when he said a team had been getting ready to go underground — thinking a rescue was about to start.

"I had to wait till they stopped clapping to tell them ... the second explosion occurred."

Some relatives collapsed. Others shouted at the police in anger.

THE ASSOCIATED PRESS

London. Masked anger



► A protester gestures on a stranded police van in Whitehall, London, yesterday.

MATT DUNHAM/THE ASSOCIATED PRESS

Forget studies, it's protest time

Students threw their books aside in Britain yesterday and took to the streets to protest tuition fees. Police said 17 people were injured, including two officers, in a demo in London's Whitehall. Besides protests across the country, there have been occupations in at least 12 universities, including Oxford.

Double-double shock

A man was in custody after a late-night coffee run in Paris, Ont. He turned up at

a coffee shop drive-thru wearing no clothes.

THE CANADIAN PRESS

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Not tonight, dear, I'm on Facebook

► Social media gives kissing the kiss-off, says new poll

Should you kiss your partner goodnight or check your Facebook page one last time?

Apparently, Facebook wins.

An Angus Reid survey done for Bacardi found 75 per cent of Canadians who use social media admit the last thing they do at night — and the first thing they do in the morning — is reach for an electronic device and check their emails.

About 80 per cent of people in Toronto or Montreal reach for their cellphones or smartphones rather than their partners.

But late-night romance may fare better in Quebec,

Bitter truth?

The Angus Reid survey suggests that, perhaps most worrisome for men, more than half of Canadian women between 18 and 44 can't imagine life without reaching out and touching someone — online.

where only 9 per cent say they are never without the devices.

Almost one in four Atlantic Canadians report always having their mobile gadget at hand.

But Canadians admit that all the texting, tweet-

ing, Facebook updating and emailing still doesn't take the place of good old face-to-face contact.

Ellen Karp, a social anthropologist and author, is quoted in the Bacardi release as saying: "While social media is quick and efficient, there is no replacement for one-on-one time with close friends and family."

In Montreal, 22 per cent of those using social media say they feel lonely. The national average is 13 per cent.

Still, 40 per cent of social media junkies in Vancouver say they can't imagine life without it.

THE CANADIAN PRESS

Brazil. Violence on the streets



► Police officers go on the alert in Rio's Vila Cruzeiro slum yesterday.

SILVIA IZQUIERDO/THE ASSOCIATED PRESS

The day fear reigned in Rio

Rio de Janeiro, the city Brazil hopes to make a showplace for the 2016 Olympics, erupted in violence yesterday. Heavily armed men halted buses and cars, robbed their passengers and set the vehicles ablaze. It was a terrifying continuation of a wave of violence that has rattled rich and poor alike.

L.A. mellow on pot

The Los Angeles city council has voted to ease restrictions on medical marijuana dispensaries, allowing up to 140 to remain open. THE ASSOCIATED PRESS

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Prankster's calls target military families

- Mother of fallen soldier disgusted by caller's gag
- Defence minister says military will provide support

SEAN KILPATRICK/THE CANADIAN PRESS

A prankster's calls to military families with news that their loved ones have been killed in Afghanistan were castigated yesterday as "insensitive, amoral and disgusting."

The Canadian military is investigating.

A spokesman for Quebec's CFB Valcartier says a prankster phoned several families, including one soldier's wife to say her husband had been killed by a bomb on the battlefield.

Defence Minister Peter MacKay called such prank calls "despicable."

"Military personnel should not be needlessly worried about their families when they are fighting for our country in faraway lands," MacKay said in a statement yesterday.



► Peter MacKay

"Military families, who also make incredible sacrifices in Canada's name, should never be the target of such an insensitive, amoral and disgusting act."

"It is our hope that the perpetrators of this despi-

cable action are brought to justice," he said.

Lt. Dennis Noel of CFB Valcartier said one woman answered the call from a man in the middle of the night last week.

"She received a prank call saying that her husband was killed in Afghanistan by an IED (improvised explosive device)," he said.

"I think it's a bad joke to do to people who support us 100 per cent of the time."

The wives of two other soldiers from Valcartier, about 25 kilometres northwest of Quebec City, received similar phone calls, but they have yet to file formal complaints with police.

THE CANADIAN PRESS

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ILLNESS

Bird flu case in Manitoba

The Canadian Food Inspection Agency is investigating an outbreak of avian flu on a turkey farm in Manitoba.

Officials say the risk to humans is low as there is no indication it is the Asian strain of H5N1 flu, which decimated flocks and killed dozens of people in Asia and Europe.

for much of this decade. "Our experience with these types of outbreaks in Canada so far ... has been that there's very limited illness in humans and the illness has been mild," Dr. Joel Kettner, Manitoba's chief public health officer, said yesterday.

Health officials also believe the outbreak north of Winnipeg is not of the H5N2 type which caused thousands of birds to be destroyed last year in British Columbia's Fraser Valley.

THE CANADIAN PRESS

Basement tattoos may be bad idea

The Middlesex-London Health Unit has warned people who got a tattoo in the basement of an east London, Ont., townhouse to get a hepatitis B, C and HIV test done.

Officials say the business was investigated a complaint from a member of the public.

THE CANADIAN PRESS

CTA rules against WestJet

The Canadian Transportation Agency has ruled against WestJet Airlines for the second time over its baggage policies following a complaint over their luggage liability.

A week ago, the CTA declared WestJet's \$250 limit on lost or damaged international luggage too low. THE CANADIAN PRESS

Age of austerity for Emerald Isle

► Minimum wage to be cut by one euro to 7.65 euro (\$10.20) ► Lower and middle class workers' taxes to rise by more than 3,000 euro

Ireland unveiled the harshest budget measures in its history yesterday, a four-year plan to claw back 15 billion euros (\$20 billion) using spending cuts and extra taxes.

Some 24,000 state employees could lose their jobs and the sales tax could soar up to 23 per cent.

The plan seeks to cut 10 billion euros (\$13.3 billion) from spending and raise five billion euros (\$6.7 billion) in extra taxes from 2011 to 2014 to combat Europe's worst deficit.

The government's long-awaited austerity plan is a prerequisite for Ireland to get an international loan estimated to total 85 bil-

Irish crisis

Belt tightening all round as Irish government unveils forthcoming budget plans.

- Sales tax to rise to 22 per cent from 21 per cent in 2013 and up to 23 per cent in 2014.
- Left untouched (to the irritation of other EU countries) is Ireland's exceptionally low 12.5 per cent corporation tax.
- Reductions in spending will see over 24,000 state jobs to go over the coming years.

lion euros.

The bailout is still being negotiated with experts from the International Monetary Fund and European Central Bank in Dublin.

Ireland hopes its tough medicine will permit its 2014 deficit to fall to three per cent of gross domestic product, the limit for the 16 countries in the eurozone.

Ireland's deficit this year is forecast to reach 32 per cent, a modern European record, fuelled by exceptional costs from Ireland's unfathomable bank-bailout effort.

In practice, most euro-zone countries are exceeding that three per cent limit already.

France, Germany, Austria and Britain all have called for Ireland to raise that rate.

They argue it amounts to unfair competition at a time when other EU members will have to raise their own debt-fuelled borrowings to loan money to Ireland.

But Finance Minister Brian Lenihan told reporters that Ireland would be shooting itself in the foot if it did anything to scare off foreign investment.

The foreign companies, including 600 U.S. businesses like Microsoft and Google, generate nearly 20 per cent of Ireland's GDP.

THE ASSOCIATED PRESS

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Afghanistan. Conflict



► This 2001 file photo shows boys eating bowls of rice at an orphanage in Kabul.

LAURA RAUCH/THE ASSOCIATED PRESS

Finding families for Islamic orphans

Islam has a guardianship system that resembles foster care yet has no exact counterpart in Western law. To try to bridge the differences, adoption specialist Helene Lauffer has sought out a group of Muslim women scholars and activists. "At the end of the day, it's about trying to find families for kids," she says.

Van Doos take over outposts

► Members of the famed Royal 22e regiment begin patrols as the last Kandahar battle group

► Two soldiers were wounded over the last two days

Soldiers from the battle group that will close out Canada's combat mission in Afghanistan started to take over desert outposts and patrol the winter-scorched fields west of Kandahar this week.

Members of the famed Royal 22e Regiment also took part in their first operation, a push with fellow

Canadians and Afghan forces through a troublesome farming region where a team of Taliban bombers was on the loose.

The official handover between the 1st Battalion, Royal Canadian Regiment

battle group and the incoming Van Doos has yet to take place.

Soldiers from the in-

coming unit, based in Valcartier, Que., partnered with some of their predecessors as they helped Afghan forces hunt a bomb-making cell in central Panjwaii district.

The Van Doos will see the country's mission through to its end in July next year.

THE CANADIAN PRESS



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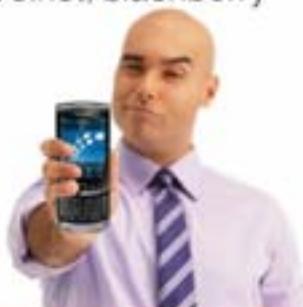
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DRAFTS OF THE MARKET REPORT			

► Company employs about 23,500

Shares of Maple Leaf Foods tumbled 10 per cent yesterday in the wake of the Ontario Teachers Pension Plan Board's decision to sell its entire 25 per cent stake in the Canadian food processor and bakery at a discount.

The company's stock

closed down \$1.28 at \$11.41 at the Toronto Stock Exchange, off a sharper decline of as much as \$1.55 earlier in the session.

The OTPPB has backed Maple Leaf Foods since 1995.

THE CANADIAN PRESS



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U.S. Black Friday



► Shoppers leave JC Penney and Victoria's Secret stores in New York just days before Black Friday.

MARK LENNIHAN/THE ASSOCIATED PRESS

Stores opening earlier

American retailers are preparing for the crowds of shoppers on Black Friday with sharply reduced prices, but some are trying to lure holiday shoppers earlier, like Sears and Kmart on Thanksgiving morning. Others, like Wal-Mart Supercentres and Toys "R" Us, are staying open 24 hours today and tomorrow.

XM getting Sirius about merger plan

► Combined company will have 1.7 million subscribers ► American counterparts merged two years ago

Satellite radio companies XM Canada and Sirius Canada Inc. plan to merge in an effort to strengthen their competitive stance amid an industry crowded with audio entertainment options from iPods to over-the-air radio stations.

The all-stock deal announced yesterday is valued at about \$520 million and includes \$130 million in long-term debt.

The move comes after longtime speculation the two, which charge subscription fees, would combine their operations to

save costs and put more satellite radio listeners under the same umbrella.

THE CANADIAN PRESS

Why now?

- Satellite radio has been struggling to find a larger audience in Canada over the past few years.
- The automotive industry downturn put a crunch on growth prospects as the companies' business models relied on being installed in new vehicles.
- Popularity of portable music devices like Apple's iPod, which can house a large collection of songs and "podcasts," which are similar to talk radio.
- Traditional radio stations haven't suffered the same listener erosion as in the United States.

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IN THIS CORNER, FIGHTING FOR THE LEFT ...

He says ...

JOHN MAZEROLLE



Have you ever had a moment of realization so striking it was like you were punched in the face? I had one of those moments recently, when I was punched in the face.

I realized the next day, as I nursed a fat lip, that I am definitely a liberal. (The fact that getting sucker-punched at a bar led me to thoughts on personal politics also proves that I'm a dork, but that's a different column.)

But let's discuss the incident, my first opportunity ever to tell a story that begins, "So, a guy walks into a bar ..."

That guy was me. I went into one of those bars that calls itself Irish because it sells cans of Guinness, and an attractive

woman asked me to buy her a drink, even giving me some coins to help. I trust you can see where this is going.

There have been times in my love life that I have deserved not just a punch, but to be grabbed by the big toe and slammed into the ground repeatedly, like Bamm-Bamm Rubble used to do. This was not one of those times.

Yet, when the boyfriend showed up, he: 1. sucker-punched me; 2. after I had shak-

en his hand; and 3. took another swing at me while I was down before; 4. leaving the bar, giving him a coveted Grand Slam in the World Series of Douche-baggery. Kudos to him.

Then I screamed that I have a blood disorder and could die from a blow to the head.

You know how in the movies if a person sees a mis-

tile coming toward them they steel themselves and face their mortality with silent determina-

tion? If it was me, it would sound like this: "OH MY GOD THIS IS IT I NEVER ATE THAT PIE IN THE FRIDGE OOH NICE CRAFTSMANSHIP ON THE WARHEAD AAH LAST WORD!!!"

And here's where I earn my liberal credentials: I've heard it said that a liberal is a conservative who hasn't been mugged yet. Well, this was essentially a mugging, he made me wonder if I might die, and I'm still not angry at the guy. Instead, I'm hopeful that he was in a bad place and regrets what he did.

Unfortunately for him I'm also liberal in relying on the government, so I'll see him in court. Just call it my wicked left.



Read more of
John Mazerolle's columns
at metroneWS.ca/hesays

Cartoon

FATHER AND SON BONDING TIME:

MICHAEL DE ADDER



After
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Bad sex is rewarded

Worth mentioning

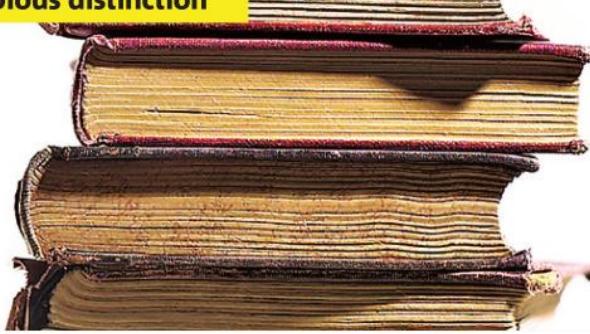
Canadian author Annabel Lyon's lauded novel *The Golden Mean* has earned a spot on Britain's Bad Sex In Fiction Award short list.

London's Literary Review nominated the book and seven others for the 18th annual award.

Lyon, who lives in New Westminster, B.C., won last year's Rogers Writers' Trust Fiction Prize for *The Golden Mean*, which follows Greek philosopher Aristotle as he tutors a young Alexander the Great.

The novel was also shortlisted for last year's Scotiabank Giller Prize and the Governor General's Literary Award.

Dubious distinction



Other books on this year's Bad Sex short list include *Freedom* by Jonathan Franzen, *The Slap* by Christos Tsiolkas, and *Maya* by Alastair Campbell.

The list is rounded out by *A Life Apart* by Neel Mukherjee, *Heartbreak* by Craig Raine, *The Shape Of Her* by Rowan Somerville, and *Mr. Peanut* by Adam

Ross.

The award will be presented Monday in St. James's Square in Westminster.

Last year's winner was Jonathan Littell's *The Kindly Ones* for a passage that compares a sexual encounter to a battle with a one-eyed mythological monster.

THE CANADIAN PRESS

Is airport security too strict?

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Metro has the right to edit letters and submissions.

Metro Minute at Riderville

It's time to party with the Saskatchewan Roughriders fans, whose purchases of seats to the two Eskimos victories over their team this past season paid for a significant chunk of Eskimos operations for 2010.

Riderville will be taking over the Shaw Conference Centre for three days, beginning tonight and running through to Saturday.

Like a brier patch for Riderville fans, Riderville will be the place to be for celebration, Saskatchewan style.

Rub shoulders with Riderville veterans and listen to the province's imported entertainment from musicians Kenny Shields, Wonderland, Two For The Road and more.

For more, visit Riderville.com. **METRO**



► Tickets for Riderville are \$20 at the door.

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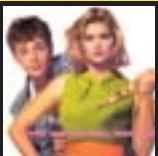
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Buffy's back



Vampires, beware: Buffy is coming back. A remake of the horror comedy Buffy the Vampire Slayer is in the works at Warner Bros., the studio said Tuesday. A studio spokeswoman says the project is in the earliest stages of development. It hasn't even been green-lit yet, and there's no director or star attached. One thing we do know: Joss Whedon, who wrote the first Buffy script and created the TV series starring Sarah Michelle Gellar that became a pop-culture phenomenon, is not involved.

THE ASSOCIATED PRESS



A special group of friends helps Ken Wayne Shepherd put out first live concert album

Deck the halls with sounds of Christmas

► Holiday tunes from Mariah Carey, Susan Boyle, Annie Lennox, Indigo Girls, Frank Sinatra, Dean Martin, Sammy Davis Jr. and Shelby Lynne

Mariah Carey insists that Christmas is her favourite time of year, and it shows on *Merry Christmas II You*, Carey's second holiday album.

The record is a mix of classics such as *O Little Town of Bethlehem* and *O Holy Night*.

It also includes new recordings, including the first single, *Oh Santa!*

Here are some other Christmas albums to warm you up this season.

Also released



Other Christmas albums to choose from.

► Susan Boyle, *The Gift* (Columbia)

On the second album from the Britain's Got Talent sensation, Susan Boyle offers up a selection of holiday classics, plus a few others, including Leonard Cohen's now-ubiquitous *Hallelujah*.

► Frank Sinatra, Dean Martin, Sammy Davis, Jr., *Christmas With The Rat Pack* (Capitol/EMI)

The album opens with *Angles From the Realms of Glory*, to which Lennox adds a Middle Eastern sound, and *Lullay Lullay* (*Coventry Carol*), features some great new vocal twists to make it a dark, emotional whirlwind.

Various artists, *World Christmas Party* (Putumayo)

The best thing about this holiday CD — apart from the opening reggae track that wishes listeners an irie Christmas — is that it breathes new life into classic Christmas songs.

Poncho Sanchez gives a groovy, Latin twist to *Have Yourself a Merry Little Christmas*.

Now That's What I Call Christmas 4 (EMI)

This version comes with two discs. The first set is iTunes-friendly with artists like Lady Gaga singing *Christmas Tree* to Rihanna's rendition of *A Child Is Born*.



► Mariah Carey and Snoopy celebrate the recording of *Charlie Brown Christmas* featuring Peanuts music, on Carey's new album, *Merry Christmas II You*, in New York.

Indigo Girls, *Holly Happy Days* (Vanguard Records)

This album has in abundance what made Amy Ray and Emily Saliers who they are: beautiful harmonizing and incredible instrumentation.

Holly Days is chock-full of fiddles, mandolins, banjos and, of course, acoustic guitar.

Shelby Lynne, *Merry Christmas* (Everso Records)

No matter if you've been in the business for several decades or are still staking out ground, an album full of holiday songs — originals and, of course, covers — is one sure way to eke out more sales and get some coveted air time amid the commercials and jingles. Shelby Lynne is a late-comer to the holiday party, but the 11-song platter was worth the wait.

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T moods in three different albums

► Three albums in short succession an intriguing step for Eels ► Frontman talks about his life's tragedies

There was a time when releasing three full-length albums in 14 months wouldn't have seemed so unusual. Today, it's practically unheard of.

Yet that's what Mark Oliver Everett, better known to his fans as E, just accomplished. The discs are so different in theme and execution that it almost seems like the man singing on *Tomorrow Morning* isn't the same person as on *End Times*.

Tomorrow Morning sees the sun rise, as Everett finds love again and gives himself the challenge of writing warm songs while using what are considered cold-sounding electronic instruments exclusively.

The burst of activity came after four years without music from Everett, who records under the band name Eels.

Everett worked on a PBS documentary about his father, quantum physicist Hugh Everett III, and wrote the well-regarded memoir, *Things the Grandchildren Should Know*.

In the book, Everett

writes about the tragedies in his life: finding the body of a father he barely knew after he died of a heart attack; his mother's death from cancer; and his only sibling's mental illness and suicide. It's poignant -



► Mark Oliver Everett, frontman of U.S. indie band Eels, performs during the Open Air Music Festival in St. Gallen, Switzerland.

The world's most watched entertainment news.

Album reviews

Kanye's brilliance

Kanye West
Album: *My Beautiful Dark Twisted Fantasy*
Label: Def Jam
★★★★

Just a year ago, Kanye West was perceived by many as a douchebag, a scumbag and a jerk-off. Now after the dust has settled from bum-rushing Taylor Swift at the MTV VMAs, Kanye emerges nearly unscathed with a profuse Twitter account and enough music to give away one song every Friday.

My Beautiful Dark Twisted Fantasy is as much a lyrical showcase for his mounting ego as it is schooling in the most intricate production in hip-hop. Yeezy doesn't ex-



actly come correct, but why should he at this point? He absolutely kills it on virtually every level. The searing King Crimson riffs on *Power* only fortify his braggadocio, the poignant piano loops on *Runaway* paint him as a huggable d-bag and only on the massive all-star posse cut *Monster* does he ever give up the spotlight to an epic verse by Nicki

Minaj. Whether he's playing his inner child, a gifted narcissist or a flawed, self-aware man, Kanye has poured every ounce of his ambition into this record, coming out on top with a work of brilliance and letting us know it: "At the end of the day I'm killin' this s**t, I know damn well y'all feelin' this s**t."

Outstanding track: *Monster*

● CAM LINDSAY

My Chemical Romance
Album: *Danger Days: The True Lives Of The Fabulous Killjoys*
Label: Reprise
★★★★

Fatherhood, accusations of leading an "emo cult" and scrapping a full album are only a few of

ROBYN
Album: *Body Talk*
Label: Universal
★★½

Robyn's been on a record releasing rampage, putting out albums every

KESHA
Album: *Cannibal*
Label: RCA/Sony Music
★★½

Less than a year after releasing her multi-platinum album *Animal*, Kesha releases an EP to squeeze out a few more

the obstacles that New Jersey hellraisers Pepper Rabbit faced making their fourth album. Their return marks yet another large-scale concept album, one that trades in gothic cancer patients for an apocalyptic, hard rockin' road trip. But this time

two to three months since June. This is supposed to be the third installment of her electro dance pop *Body Talk* EP series, but while it does include five new songs, it also has five

songs from the first disc and another five from the second. So it's really Robyn's greatest hits of 2010, but that's a good thing.

● CAM LINDSAY

songs from the first disc and another five from the second. So it's really Robyn's greatest hits of 2010, but that's a good thing.

● BRYAN BORZYKOWSKI

hits. The disc is similar to her last record — it's got the same electro rap rock pop that made *Tik Tok* one of 2010's biggest singles. But that also means her Lady Gaga like sounds will be just as grating this time around.

There are some strong parts — the title track's epic chorus is as infectious as anything on *Animal*, but the crunk-like *Sleazy* is hard to hear for more than a couple minutes.

● BRYAN BORZYKOWSKI



► John Travolta's wife, Kelly Preston, gave birth to a boy.

Travolta & Preston welcome a new baby boy to family

John Travolta and Kelly Preston welcomed their new son this week, according to the TV show E! News.

Baby Benjamin was born late Tuesday night at a Florida hospital, weighing eight pounds and three ounces.

"John, Kelly and their daughter, Ella Bleu, are very happy about the newest member of the family," the actor's rep said. "Both mother and baby are healthy and doing beautifully."

• METRO



► Angelina Jolie refuses to celebrate Thanksgiving.

No Thanksgiving for Brad and Angelina

Angelina Jolie and Brad Pitt won't be celebrating Thanksgiving this year, at least if Jolie has anything to say about it.

"Angelina Jolie hates this holiday and wants no part in rewriting history like so many other Americans," a source tells Popleater.

"She definitely doesn't want to teach her multi-cultural family how to celebrate a story of murder."

Pitt recently told Extra that they'd "whip up a Turkey somewhere" to celebrate the holiday, but "if Brad wants turkey, he will have to cook it himself," the source says. • METRO

Miley Cyrus, please act your age!

Although Miley Cyrus just turned 18-years-old, she sure isn't acting like it by the looks of it.

"She had messy hair and makeup and didn't look that great," the source says. • METRO

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► She's been linked to rapper 50 Cent, but Handler says they're just friends.

Gwyneth Paltrow's daunting 20 lbs. weight gain for movie

Gwyneth Paltrow admits that packing on 20 pounds for her latest film, *Country Strong*, was a daunting task.

"The nightmare thing about it is I had to stop working out," she says, according to *Exposay*. "At first I panicked, so I would work out a little bit and then I had to lie and be like, 'No I didn't work out.' I'd be on the treadmill and be like, 'I really have to stop this.'"

• METRO



► Paltrow recently gained 20 lbs. for a film.

Celebrity tweets



Ashton Kutcher [\[@aplusk\]](#)

Could it be that it's not about having the answers but rather asking the right questions?



Conan O'Brien [\[@Conan OBrien\]](#)

I'm telling ya, the clock is ticking on this Harry Potter fad

3

life

Holiday gifts



Looking for that perfect holiday gift? 2 for Couples has released the 101 Amazing Gifts iPad app on the App Store. The must-have gift guide is a one-stop shop for everyone on your list, and showcases everything from style and home to gadgets and kid stuff. It's updated regularly to ensure fresh gift ideas are always at your fingertips.

• METRO

Don't get all knotted up about your scarf

• Easy knots that still kick up your outfit • A scarf can be runway, a head-to-toe basic, whatever you want • Don't get twisted, have fun

A scarf can be a wardrobe's workhorse. It adds colour, style and, especially as the weather turns wintry, warmth. Now, if you only knew how to tie the thing.

Don't go for a complicated knot, says Talbots' fashion director Tammy Vipperman. Flair largely comes from confidence, so any hesitation about tying the scarf will show, she adds. "If you can fold laundry and tie a basic knot, you can wear a scarf," she says. Her tips:

SILK SQUARE

Lay the scarf flat on a table, taking two opposite-end corners and folding them into the centre, giving you two straight edges. Keep folding those outer straight edges into the centre until you have, essentially, a scarf sash.

Wrap it around your neck, setting up the knot slightly toward one side. Pull the two ends into an X to tie. The key to the flattest, most flattering knot will be to cross the ends so the outside piece is on the bottom, closest to the body, and then pulling that over the top and then down through the knot so it will stay in place and not

"You can wear it with a cardigan, denim, a little heel — with a necklace."

TAMMY VIPPERMAN, ON SILK SQUARE SCARFS

flap around, Vipperman says.

"Most people think this is the most intimidating scarf," she says. "But you can wear it with a cardigan, denim, a little heel — with a necklace."

THE NOODLE

You get an Elizabethan-collar effect if you keep looping it around to the bustline level, tying it loosely at the back of the neck. Go a little tighter and you have a turtleneck.

THE WRAP

This is the scarf you want with you all the time. She doesn't like it to be worn perfectly, though. That gives it "flourish," she explains.

CASHMERE

The classic winter scarf with fringe at the edges is nice because it's practically flat when worn under a coat, Vipperman says. She prefers the "gentleman's fold," which really isn't a fold: The scarf goes around the neck and the sides are flat against the body and positioned like lapels of a jacket.

THE BOHO

This scarf is longer, thinner and usually with fringe on the end. Because of its length, it's really the only shape you can successfully toss oh-so-casually over the shoulders.

THE ASSOCIATED PRESS



► A scarf adds colour, it adds style, and, especially as the weather turns increasingly wintry, it gives warmth.

Cueing up those tough curls

THE KIT

Just in time for party season, perfectly tousled, curly hairstyles are about to turn heads in a big way.

"Most women have some natural curl to their hair," says Chantel Simmons, Hair Kit Editor for THE KIT magazine. "And since it's all about imper-

fect waves, you don't have to worry about fighting frizz!"

Whether your locks are wound tight or poker-straight, you can easily make this trend work for you.

SLEEP ON IT

"If you have naturally wavy hair, simply wash your hair before bed, then apply a styling product

and let it dry overnight," says Simmons, who suggests wavy gals try Moroccanoil's Original Oil Treatment (\$41, moroccanoil.com).

"You'll wake up with perfectly imperfect waves."

CURL IT UP—OR DOWN

"If you have straight hair, try using both large and skinny-barreled curling irons to get a mix of

curl sizes," says Simmons.

"If your hair is super curly, press a flat iron over some of the coils to straighten them out a bit," she says.

The perfect tool? The Rowenta Straight & Curl 2-in-1 (\$180, rowentabeauty.ca), a curling iron and hair straightener in one.

BREAK OUT THE SPRAY

"I've rediscovered hair-

spray this season," says Simmons, who swears by L'Oréal Elnett Satin Extra Strong Hold hairspray (\$15, loreal.ca).

"It holds styles without leaving them feeling crunchy, and brushes out with no residue."

THE KIT is Canada's beauty authority and first-ever digital beauty magazine.

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Balenciaga exhibit, spearheaded by de la Renta, gives glimpse of fashion royalty



► The HSN Cares Reem Acra 2010 Heart Ornament



► The HSN Cares Iman 2010 Heart Ornament.

► The HSN Cares Jennifer and Sly Stallone 2010 Heart Ornament.

HSN/THE ASSOCIATED PRESS



► HSN's new collection of holiday ornaments, designed by fashion insiders in partnership with HSN, is helping to raise money for St. Jude Children's Research Hospital.

Inspiring the holiday cheer

► Celebrities design charity ornaments for St. Jude

Celebrity designers drew on childhood holiday memories as well as new family traditions to create Christmas tree ornaments with heart.

The ornaments will be sold through HSN, which previously had raised \$3 million through various projects for St. Jude Children's Research Hospital, based in Memphis, Tenn. CEO Mindy Grossman says that the shopping channel's customers are hungry to do more good. "Our customers want to be inspired," she says.

This new project donates 100 per cent of the profits (a minimum of 30 per cent of the sales price) to the hospital, and it taps into HSN's network of designers, experts and personalities, including Sarah Jessica Parker, Iman,

never seen that before. I will get a couple for my tree."

Fashion designer Reem Acra created a cream-coloured ball that is mouth-blown and hand-painted, decorated with bands of black and ivory pearlized stones.

Taking a cue from her fancy, luxurious collection, Acra says she wanted to design an ornament that had some glitz and glamour but also remains timeless, since people tend to hold on to their holiday decorations for a long time.

"If you look at classic clothing, you can pull out a sweater from 10 years ago and it's still in fashion," she says. "Going with silver and pearls, these are things that will stay stylish."

THE ASSOCIATED PRESS

How to get one

Love the ornaments and want one (or more) for your own? They're just a click away.

► **Online** You can go to hsn.com to view and purchase from the wide selection of holiday ornaments available.

Martha Stewart, Padma Lakshmi, Molly Sims and Marlo Thomas, St. Jude national outreach director.

There are 75 ornaments in all.

"I love the one that looks like Naeem Khan's dance-hall chandelier. You know it'll look so gorgeous on the tree," says Thomas. "And Diane Gilman's zebras and leopards? I've



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► From custom meditation rooms to home bowling alleys, homeowners are creating very specialized spaces



KEN HAYDEN/ASSOCIATED PRESS



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Ultimate cocoons

When "big Star Wars geeks" Kim and Jim Howatt began planning an entertainment room in their Libertyville, Ill., basement, they sought state-of-the-art home-theatre amenities: a high-definition large-screen TV, a DVD player, a VCR and a surround-sound stereo speaker system.

But that was just part of the galactic extravaganza. With the help of Orren Pickell Designers & Builders of Lake Bluff, Ill., the Howatts created a one-of-a-kind room modelled after Darth Vader's Star Destroyer vessel, with angled walls, spaceship-like details on the ceiling and stadium seating for 12.

It's the ideal space for the couple's Star Wars parties, which start with

"There is nothing quite like being able to stay home and have a movie experience that is far better than going to the theatre."

KIM HOWATT, COMPUTER PROGRAMMER AND STAR WARS FAN

breakfast followed by a marathon of all six movies.

"You can show up late, you can hit 'pause,' you can serve adult beverages. The only thing that would get us out to a public movie theatre now would be a seventh 'Star Wars' movie," says Kim Howatt, a computer programmer like her husband.

The Howatts aren't the only ones cocooning in a specialty room at home. Such personalized spaces go beyond the typical private gym, home office, indoor pool, wine cellar or billiard room. There's a laundry area turned into a

dedicated puzzle room, for instance, a wall rejigged into a climbing wall, and tasting rooms for sushi or tequila.

Here are a few more signature rooms that raise the bar for personal space.

Bowling, anyone?

There's no waiting for lanes if you can spare around \$100,000 — the average price for two lanes of a regulation-length bowling alley, including setup, from United Bowling Worldwide in Yulee, Fla.

For \$30,000, you'll get all used equipment; for \$175,000 or more you'll

get the most lavish.

Setup can include everything "right down to the bowling shoes, just like a regular bowling alley would have," says Matthew Claxton, the company's vice-president.

Why would homeowners knock down walls when there's a bowling alley a mere car ride away?

"Because they like to go bowling but don't want to deal with the hassles of going out in public," says Claxton. "Because it looks classy and adds to the home value. Or maybe because they are big socialites and like to entertain guests."

Meditation Room

Lori Dennis, a Los Angeles interior designer, said she frequently gets asked to

design chic, very expensive meditation rooms.

Ones with "expensive luxuries like \$200 per yard fabric, custom meditation benches, custom wall murals in gold-leaf paint, cashmere hand-knit throws and accessory art in the \$10,000s."

She has designed a shower with a view of the Pacific Ocean, exotic veneers and a Venetian glass vessel bowl.

"This is because meditation and chanting is a big deal in Hollywood," Dennis says. "The most sought-after chant and meditation leaders, like Deepak Chopra, are invited to head up small parties of important people in these spaces. It's a new way to hold an exclusive power meeting."

Retro Diner

On their farm in Grundy County, Ill., Ernie Lindsay, a retired automotive components engineer, and his wife Nancy, a homemaker, enjoy collecting vintage diner and gas station memorabilia — so much that they spruced up an unused area over their garage and turned it into a 1950s diner.

With its 1954 Seeburg jukebox, neon signs and old-time black-and-white tiled floor, the diner recalls the set of "Happy Days" or "Grease." Pull up to the dinette table, and you're back in the day of the drug-store soda fountain.

"There is no better experience than a banana split served in a '50s-era glass boat," says Lindsay.

THE ASSOCIATED PRESS

Put sparkle on your tree

► For the trend follower: Purple, blue and teal are great options for lights ► For ornaments, glitter (always in), mercury glass, and mixed-and-matched gold and silver ► Try running garland vertically and keep tinsel off

DECOR MOMENT



KARL LOHNES
HOME@METRO
NEWS.CA

Want to have a designer-looking holiday

tree that is guaranteed to impress this year? Short of stealing one of the spectacular trees from The Bay's windows, here's a few designer tricks to get a lush, full and glamorous tree to show off.

Filler up:

Whether faux or real, the tree needs to look full. Fill in empty holes and spaces between branches with multi green tones of voile, wired ribbon bows or large plastic outdoor balls. Last year's faux garlands will work magic between the branches near the bottoms to create a



► This year mixed-and-matched silver and gold are in.

lush look. Remember to put the fillers deep enough into the tree so they are unseen and there will be plenty of space for the ornaments up front.

Light and bright:

Trees should have 100 lights per each

model heights:

The tree's top should be within 12 inches of the ceiling; a tree any shorter will look stunted.

If you have high ceilings, the tree should reach two-thirds the height of the room.

If

enough, stand it on a sturdy box or table; skirt the table with a faux-fur throw or brightly coloured piece of silk.

Ornamental heaven:

A designer tree should follow good rules of design, with smaller ornaments on top and larger ones on the bottom.

Just how many ornaments are needed? Consider 50 per foot (that's going all around the tree).

LOOKING FOR A NEW PAD?

foot of height. I like to add 20 to 50 per cent more for a full and glamorous look.

Perhaps the additional lights could be a trend colour. Purple, blue or teal are all great options this year.

you have a tree that is not tall



ments are needed? Consider 50 per foot (that's going all around the tree).

Con-

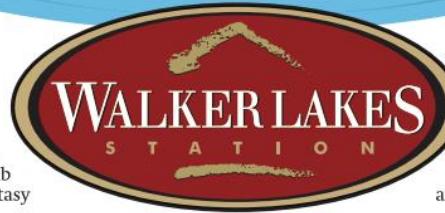
sider uplighting your tree with a canned light that sits on the floor. A soft golden bulb will add a fantasy glow to the tree and create beautiful shadows from the branches.

Super-

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Popular looks for ornaments this year are glitter, mercury glass, and lots of gold and silver.



► The science of ornaments: 50 per foot and large ones belong on the bottom.

Containers mix it up

Container gardening is coming in from the cold, replacing the one-plant-to-a-pot displays that have been indoor decorating staples since the Victorian era.

Combination planting — blending different plants in the same containers — is as practical as it is attractive. Arrangements can be created that will thrive through the winter in sunny interiors.

"Grouping plants together has several advantages, including the ability to create more impact and to water less often," said Kathy Laliberte, director of gardening at Gardener's Supply Co. in Burlington, Vt.

Choose your container combinations carefully, however. It wouldn't do to mix plants having different light, temperature and water requirements, such as

African violets paired with leaf lettuce.

"Think as much about the horticultural side of the container garden as you would about its looks," said Laliberte, who recommends a "thrillers, fillers and spillers" style: "Create a cool pot with one showcase plant, another that tucks under or fills in, and something else that's trailing," she said. **THE ASSOCIATED PRESS**



► Violas, spinach, and yellow mums.



► Combination planting is practical and attractive.

**Ingredients:**

- 15 ml (1 tbsp) olive oil
- 4 Yukon Gold potatoes, cut into chunks
- 4 carrots, thickly sliced
- 3 cloves garlic, thinly sliced
- 1 onion, chopped
- 15 ml (1 tbsp) all-purpose flour
- 500 ml (2 cups) sodium-reduced chicken broth
- 1 cooked whole rotisserie chicken
- 50 ml (1/4 cup) pesto
- 15 ml (1 tbsp) lemon juice
- 10 kalamata olives
- 1 sweet red pepper, seeded and thinly sliced

Preparation:

- 1 In large pot, heat oil over medium-high heat. Stir in potatoes, carrots, garlic and onion; cook, stirring for about 5 minutes.
- 2 Whisk flour into chicken broth; gradually stir into pot and bring to a boil. Reduce heat, cover and simmer for 8 to 10 minutes or until potatoes are just tender.
- 3 Meanwhile, remove skin from chicken and cut into 8 to 10 pieces; add to pot. Stir in pesto, lemon juice, olives and red pepper; simmer for 5 to 10 minutes. **THE CANADIAN PRESS**

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LUNCH RUSH

CHRISTOPHER THRALL
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In Edmonton, evolution has produced a relatively consistent dinner out. Lighting and decor are similar; savoury and recognizable meals are served for a competitive price. However, one element — authenticity — upsets the standardized appeal.

Dur Dur is stark and brightly lit. An old Somali woman, her lined face fixed with a huge smile, nodded briskly when I pointed at a few of the entrees on the spare menu. After a long wait, she brought huge platters of

meat and vegetables, with mounds of spiced rice and circles of chapati as large as dinner plates.

It was solid, filling cuisine, washed down with sweet lemon juice. I enjoyed the chapati-wrapped pinches of beef stew (\$12), and my wife adored her baked King Fish (\$12), but we both left the dry piles of rice largely untouched.

There are some genuine finds in the city that will remind you of that little spot in Kuala Lumpur or Buenos Aires. It's worth a visit to taste the difference.

► **Dur Dur Somali
Restaurant**
► 9409-118 Ave.
► 780-756-6884
► Rating: *** 1/2
► Price range: Low
► Licensed: Yes

**Tender Beef Sauté
Preparation:**

- 1 Trim fat from beef and cut across grain into thin strips. In a bowl, sprinkle beef with cumin, cinnamon and 1 ml (1/4 tsp) each salt and pepper.
- 2 In a large skillet, melt half of the butter over medium-high heat. Brown beef strips in three batches, adding more of the butter as necessary; transfer to a clean bowl.

- 3 Reduce heat to medium. Melt remaining butter in skillet; add onion and sweet potato and sauté for about 3 minutes or until onion is softened.

- 4 Add broth, increase heat to medium-high and bring to a boil, scraping up browned bits. Whisk flour into milk and gradually stir

into skillet; bring to a boil, stirring. Reduce heat and simmer, stirring often, for 5 minutes or until sweet potatoes are tender.

- 5 Stir in green pepper. Simmer, stirring often, for 3 minutes or until green pepper is tender-crisp and sauce has thickened. Stir in beef with juices and tomato paste; simmer 2 minutes or until beef is hot.

- 6 Season to taste with salt and pepper. Serve sprinkled with almonds, if desired. Makes 4 servings.

THE CANADIAN PRESS**Ingredients:**

- 500 g (1 lb) boneless beef sirloin
- 5 ml (1 tsp) cumin
- 1 ml (1/4 tsp) cinnamon
- Salt and pepper
- 15 ml (1 tbsp) butter
- 1 onion, thinly sliced
- 500 ml (2 cups) diced sweet potato
- 175 ml (3/4 cup) beef broth or stock
- 30 ml (2 tbsp) all-purpose flour
- 375 ml (1 1/2 cups) milk
- 1 green pepper, chopped in thin slices
- 30 ml (2 tbsp) tomato paste
- 50 ml (1/4 cup) sliced almonds, toasted (optional)

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ISTOCK

To give and get



Tech plus travel equals great gifts

These ideas are sure to keep the globe trotter in your life happy
{page 28}

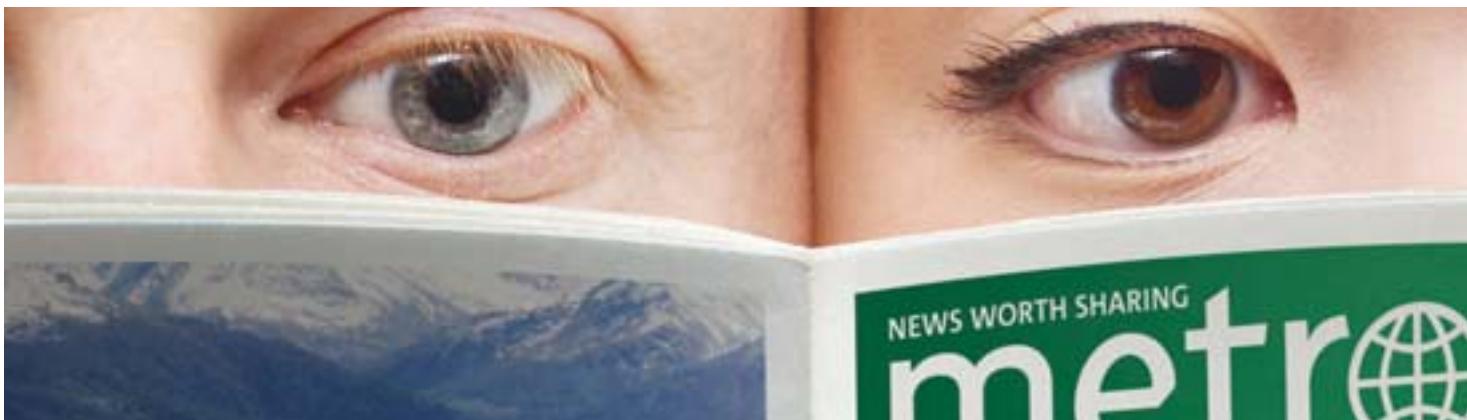
Game on!

These titles are tops for the loveable gamers in your house
{page 26}



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the forecast calls for
"I dunno," with a slight
chance of "huhhhh?"

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Holiday decorating hits and misses

► A list of Do's and Don'ts for trimming your tree to following trends

It's easy to go overboard when decorating for the holidays, but with a few Do's and Don'ts your holiday décor can be the hit of the season. So before you unpack the ornaments, string the lights and trim the tree, take note of these holiday decorating tips courtesy of HGTV's 30 Holiday Decorating Hits and Misses.

Do

Spend money on what people will see (a wreath for the door), not on something that will get lost in a sea of ornaments or in a large display.

Don't

Over decorate the tree. You want to ensure that the

branches are visible and the shape of the tree is evident. The best way to avoid overcrowding the tree is to put on three to four ornaments and take a step back.

Do

Set the mood with candles. They soften the most modern and contemporary spaces and set a great atmosphere.

Don't

Leave decor dead spots. Don't just decorate the room the tree is in. Consider incorporating holiday décor throughout the house.

Do

Go bold with colours. Don't be afraid to use colours other

than red and green. If neutral tones are more your taste, have a white Christmas and use all white and silver to decorate.

Don't

Leave the dining table naked. You don't want to neglect the place that everyone sits around. A festive dining table sets a great tone for a holiday dinner.

Do

Repurpose existing décor. Look at what you have and re-invent it. Use this as an opportunity to be creative.

Don't

Be too trendy. You want to make sure that your decorations are an investment and

not something you dispose of at the end of the holiday season.

Do

Get tied up in ribbon. The great thing about ribbon is that it's inexpensive and delivers a big impact.

Don't

Make your home look like a museum. Perfection can make your home unwelcoming and the holidays are a time to feel cosy and warm.

HGTV's 30 Holiday Decorating Hits and Misses airs Saturday. Check your local listings for times.

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If 1/4 of today's readers make a gift of \$10, a total of \$170,000 will be raised to fund local programs and services supporting over 95,000 Edmontonians affected by liver disease. Edmonton phone: 780-444-1547.

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Get your game on

► A brief look at the onslaught of holiday video games

KEITH CARMEN
EDMONTON@METRONEWS.CA

Flashing lights, opened boxes, dazzled young eyes bouncing with excitement, flailing hands and cherubic glee. All of these are signs of one annual event that establishes our financial/familial obligations, time-wasting duties and indoor activities: Video game season, a time known to the collective masses beyond post-secondary school as Christmas.

While such a tongue-in-cheek jab at the commercial aspects of a major holiday seem cheap, consider that as every gaming creator, retailer and advertiser gears up for what is their busiest season, there's nothing inexpensive about Yuletide.

Nor is there much lacking as upcoming holiday game releases spanning everything from sports, fantasy and first-person action to mind puzzles for every kid from two to 92 asserts. At that, here are a few potential options to flesh-out a stocking, update a collection or offset a new console such as Sony's PlayStation 3 (PS3), Microsoft's Xbox 360 or Nintendo's Wii.

With a heavy push on 3D gaming this year, many companies are lauding their latest dimension-warping offerings such as sports hero Shaun White's Skateboarding (Ubisoft, all



platforms) which allows gamers the opportunity to incite creativity amongst avatars, thus saving the world from a Big Brother-inspired corporation bent on eliminating individualism.

Those looking to keep their finger-tapping honed might opt to request EA Games' latest instalment of the **NHL** series. Hitting number 11, the franchise (PS3/Xbox 360) is still hot, not unlike Sony's own **Gran Turismo 5** (PS3) which offers a parade of cars waiting to be



put through the ringer by armchair race enthusiasts. On the more gruesome end of the spectrum, first-person shooting game **Time Crisis: Razing Storm** is one game to feature PlayStation's new Move, a motion-sensing game controller similar to Wii's module.

If something a touch less aggressive is imperative, **Disney's Guilty Party** (Wii) is an endlessly engaging single/multi-player investigative crime solver, film tie-in **Tron: Evolution** (Disney's



ney, all platforms) drops just in time for the movie's theatrical release and in keeping with their own

stellar legacies, the onslaught of musician wannabe games offer new batches of interactive fun via **DJ Hero 2**, **Guitar Hero: Warriors Of Rock** (Activision, all platforms) and its rival **Rock Band 3** (Harmonix).

Keeping it personal

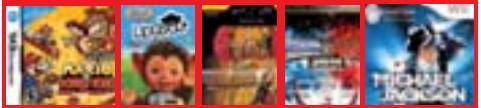
Not all systems are monolithic slabs taking up space in the entertainment unit.

Represented just as readily this holiday season, handheld systems have some new treats for the solitary gamer.

Nintendo DS: This year's craze? Nostalgia. Both **Intellivision** and **Atari** license their greatest hits on one cartridge

each, **Mario vs. Donkey Kong Mini-Land Mayhem** features our favourite gorilla-jumping plumber and **Michael Jackson: The Experience** has you-know-who teaching dance moves.

PlayStation Personal (PSP): **EyePet** lets us raise a digital monkey in photos of our real world, confront deities as warrior **Kratos** in **God Of War** and grapple without skinned knees on **WWE SmackDown vs. Raw 2011**.



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1

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2

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Kit him out with hair+body shower gel, after-shave and an eau de toilette with woody amber notes. [fruits-passion.com](#)



3

Gillette shaving products, \$14.99-\$24.99
A super-smooth shave is a gift for you as well as for him. For the blade-inclined: Gillette Fusion ProGlide Power. For the on-the-go shaver: Braun Mobile Shave. At drug and department stores.



4

Sea buckthorn products, \$8-\$48
Antioxidant-rich sea buckthorn is gaining ground with guys for its healthy-skin benefits, especially after holiday-sun exposure. Sibu Sea Buckthorn Facial Soap and Weleda Sea Buckthorn Oil. [well.ca](#)



5

Consonant Body Care set, \$49
Designed to kick-start a natural-care routine, this set from organic skincare line Consonant Body includes face wash, body wash and body lotion. [consonantbody.com](#)



6

Lancome Men Génific HD Youth Activating Concentrate, \$60
The Lancôme Men Génific HD Youth Activating Concentrate tightens, firms and hydrates. [lancome.ca](#)

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Keep your favourite road warrior entertained with these travel gifts



Microsoft Arc Touch Mouse
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This mouse lies flat when not in use, but with one satisfying click, can be bent into a curved shape, making it look more like a standard mouse. Light and low-maintenance, it turns off automatically whenever you press the mouse into a flat shape. Available at Best Buy and Future Shop.



Apple iPad
\$629-\$829

Although ads for the iPad often depict someone relaxing with the tablet, it is an ideal companion for people on the go as well. True, you can surf the web and watch movies on a phone or laptop, but the iPad's 9.7-inch display makes for easier viewing. Available at Apple stores.

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Maypray gives Als an X-factor

► Speedy special teams star has given Riders trouble in the past

"He's a focused kid. You wouldn't think he was a first-year player."

ALS COACH MARC TRESTMAN

If the Saskatchewan Roughriders hope to hoist the Grey Cup Sunday, they must find a way to trap Montreal's Tim Maypray — the Fastest Rat in Virginia.

Maypray, the 22-year-old rookie kick returner from the Virginia Military Institute, has been a special teams gamebreaker for the Alouettes this season, particularly against Saskatchewan.

In both games against the Green Riders, Maypray managed to snare a missed field goal and run it back for a touchdown.

He ran another punt back 85 yards for a touchdown Sunday against the Toronto Argonauts in the CFL's East Division final, sparking the team on its way to a 48-17 rout.

He owes his success, he says, to his Brother Rats.

Rats are the names given to the first-year cadets at the institute, a storied academy famous for its punishing, gruelling daily regimen designed to break cadets down, then build them back up into soldiers.

"That was some of the toughest times of my life," Maypray said yesterday prior to the Alouettes' first practice for Sunday's Grey Cup.

"You go through a lot, but you make friendships. That's what gets you through. You become friends with your Brother Rats."

At the academy, upper

classmen try to break the Rats. The newbies can't listen to music, watch TV or go on Facebook. They have to follow a senior around and do his bidding.

They must walk around the barracks at all times at exaggerated attention, chin pressed to chest, forehead out, shoulder blades squeezed together. Slip out of form and they do pushups until their arms throb.

"Just going through that allows me now to deal with a lot of adversity, just focusing on the task at hand," said Maypray.

Maypray was named the CFL's special teams player of the week for his performance against the Argos. He racked up 130 yards in returns.

He wasn't even supposed to have the job that day.

In a surprise move, the team released Larry Taylor, the Als' special teams star from 2009, and gave the ball to Maypray three days prior to the East final.

Head coach Marc Trestman said it was for team chemistry, given that Maypray has been with the team all year and Taylor was just returning after a failed stint with the New York Jets. THE CANADIAN PRESS



► Tim Maypray, left, celebrates his touchdown last Sunday with Avon Cobourne.

Roughriders don't let cold keep them inside

The Saskatchewan Roughriders braved the cold yesterday, while the Montreal Alouettes headed indoors for their first practices of Grey Cup week.

In a sport where toughness is prized, the Roughriders could feel smug for training in -25 C temperatures at Commonwealth Stadium, where workers feverishly shovelled snow from the stands all day. The Als opted to

O Quarterback Anthony Calvillo says his team will start practising at Commonwealth today when the forecast is for a high of zero.

work out inside the University of Alberta Pavilion.

"You can sit here and talk about the weather, but until you're out there in it, until you practise in it and play in it, it's going to be an

obstacle to overcome," Saskatchewan quarterback Darian Durant warned.

When told the Als opted to train inside, he said: "That's good for us."

The temperature is mercifully predicted to rise for Sunday's Grey Cup game to a high of -6 C. Kickoff is scheduled for 4:32 local time, so it will still feel chilly by the end of the game.

THE CANADIAN PRESS

Sports in brief



Inter, Barca advance

CHAMPIONS LEAGUE. Defending champion Inter Milan and three-time

winner Barcelona were among seven teams to seal their places in the knockout stage of the Champions League yesterday.

THE ASSOCIATED PRESS

Text apology doesn't cut it

NFL. Jeff Fisher said quarterback Vince Young apologized to him via text message, though probably not the best move since the Tennessee coach said talking face-to-face is a "man thing."

THE ASSOCIATED PRESS



Quoted



"He's had an unbelievable season, I think better than the first two years I've been with him. He maintains the same level and consistent demeanour each and every day."

ALOUETTES COACH
MARC TRESTMAN ON QB
ANTHONY CALVILLO

"It's been an incredible opportunity for me to watch him. I've been around guys like him but nobody who has ever done it better and certainly no better quarterback than him."

TRESTMAN



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NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	23	15	6	2	0	84	56	32	9-4-0	6-2-2	7-2-1-0	W3
d-Washington	23	15	6	1	1	77	66	32	10-1-0	5-5-1-0	6-2-1-1	W1
d-Montreal	22	14	7	0	57	43	29	8-4-1-0	6-3-0-0	7-3-0-0	W1	
Tampa Bay	22	13	7	2	0	70	68	28	6-2-1-0	7-5-1-0	6-4-0-0	W5
Pittsburgh	23	13	8	2	0	70	59	28	5-5-1-0	8-3-1-0	7-2-1-0	W4
Boston	20	12	6	0	2	58	39	26	4-4-0-2	8-2-0-0	5-3-0-2	W1
NY Rangers	23	12	10	1	0	68	65	25	5-6-1-0	7-4-0-0	5-5-0-0	L1
Atlanta	22	10	9	1	2	73	74	23	6-5-0-1	4-4-1-1	4-5-0-1	W3

Ottawa	22	10	11	1	0	53	69	21	6-5-0-0	4-6-1-0	5-5-0-0	L1
Carolina	21	9	10	0	2	65	71	20	5-4-0-1	4-6-1-1	4-4-0-2	L3
Toronto	20	8	9	1	2	47	55	19	6-4-1-1	2-5-1-0	3-3-0-2	W1
Buffalo	23	8	12	3	0	58	69	19	3-8-1-0	5-4-1-1	5-4-1-0	L2
Florida	20	9	11	0	0	53	51	18	5-4-0-0	4-7-0-0	5-5-0-0	L2
New Jersey	22	7	13	1	1	43	66	16	3-5-1-1	4-8-0-0	4-5-0-1	W2
NY Islanders	21	4	12	3	2	47	75	13	2-4-1-1	2-8-2-1	0-8-1-1	L14

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	19	13	4	1	67	53	28	9-1-1	4-3-0-0	7-2-1-0	L1	
d-Phoenix	21	11	5	4	1	62	59	27	5-2-2-1	6-3-2-0	7-1-1-1	W7
d-COLORADO	20	12	7	1	0	72	60	25	6-4-0-0	5-4-1-0	7-3-0-0	W4
Columbus	20	14	6	0	0	59	47	28	6-5-0-0	8-1-0-0	8-2-0-0	W5
St. Louis	20	12	5	1	2	54	52	22	7-0-1-0	8-0-1-0	6-3-0-1	W3
Los Angeles	21	13	8	0	0	62	53	26	8-1-0-0	5-7-0-0	5-5-0-0	L2
Chicago	23	11	10	1	1	71	67	24	5-7-0-0	6-3-1-1	4-5-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime/loss) or SL (shootout/loss) column.

Last night's results

Pittsburgh 1	Buffalo 0	Philadelphia 6	Minnesota 1
Washington 3	Carolina 2	Colorado at Vancouver	
Columbus 4	N.Y. Islanders 2	(OT)	
Atlanta 5	Detroit 1		
Montreal 4	Los Angeles 1		
New Jersey 2	Calgary 1		
Boston 3	Florida 1		
Dallas 2	Ottawa 1		
Tampa Bay 5	N.Y. Rangers 3		

CANADIENS 4, KINGS 1

First Period

1. Montreal	Kostitsyn 8 (Darche, Subban) 9:59
2. Montreal	Gomez 3 (Cammalleri, Hamrlik) 17:37
Penalties	— Johnson LA (holding) 9:53, Brown LA (interference) 16:50, Plekanec MT (elbowing) 16:50.
Second Period	
3. Los Angeles	Martinez 1 (Williams) pp 1:57
4. Montreal	Plekane 8 (Gionta, Kostitsyn) 3:16
5. Montreal	Eller 1 (Picard, Pouliot) 18:07
Penalties	— Gill MT (interference) 0:20, Smyth LA (holding) 5:03, Eller MT (hooking) 12:28.
Third Period	
No Scoring.	
Penalties	— Smyth LA (goalie interference) 5:27, Gill MT (interference) 12:09.
Shots	
Montreal	10 15 8 33
Los Angeles	8 8 9 25

GOAL — Los Angeles: Bernier (L.NA), Montreal:

Price (W.NA). Power plays (goals-chances) — NA.

Att. — 21,273 at Montreal

DEVILS 2, FLAMES 1 (SO)

First Period

1. New Jersey	Clarkson 4 (Tedenby, Corrente) 13:06
Penalty	— Morrison Cal (tripping) 10:49.
Second Period	
No Scoring.	
Penalties	— Rolston NJ (slashing) 4:50, Bourque Cal (holding) 16:01, Zubrus NJ (tripping) 18:58.
Third Period	

Not including last night's games

SCORING LEADERS

	G	A	PT
Stamkos, TB	20	15	35
Crosby, Pgh	15	20	35
St. Louis, TB	8	19	27
Semin, Wash	14	12	26
Ovechkin, Wash	10	16	26
B. Richards, Dal	10	15	25
D. Sedin, Vcr	12	12	24
C. Stewart, Col	11	13	24
M. Richards, Pha	9	15	24
H. Sedin, Vcr	2	22	24
Giroux, Phi	12	11	23
Perry, Ana	10	13	23
Roy, Buf	9	14	22
E. Staal, Car	9	14	22
Sharp, Chi	12	10	22
Eriksson, Dal	9	13	22
P. Kane, Chi	8	14	22

Not including last night's games

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE

BOSTON RED SOX — Claimed OF Jordan Parraz off waivers from Kansas City.

KANSAS CITY ROYALS — Requested unconditional release waivers on RHP Bryan Bullington for the purpose of allowing him to sign with Hiroshima (Japanese Central League).

Assigned RHP Gabby Hernandez and RHP Victor Marte outright to Omaha (PCL).

NATIONAL LEAGUE

HOUSTON ASTROS — Assigned LHP Tim Byrdak, LHP Gustavo Chacin and RHP Matt Nevezar outright to Oklahoma City (PCL).

Agreed to terms with Carlos Corporan on a minor league contract.

PITTSBURGH PIRATES — Named Nick Leyva third-base coach, Gregg Ritchie hitting coach, Euclides Rojas bullpen coach, Luis Silverio first-base coach and outfield and baserunning coach and Mark Strittmatter pitcher's hitting coach and catchers and hitting program assistant.

WASHINGTON NATIONALS — Assigned RHP Ryan Mattheus outright to Syracuse (IL).

BASKETBALL

NBA

LEAGUE OFFICE

Suspended Philadelphia F Elton Brand one game for a flagrant foul against Washington F- C-Javae McGee during Tuesday's game.

OKLAHOMA CITY THUNDER — Assigned C Cole Aldrich to Tulsa (NBADL).

SAN ANTONIO SPURS — Signed G-F Imdreka.

FOOTBALL

NFL

LEAGUE OFFICE — Fined Buffalo WR Stevie Johnson \$5,000 for a touchdown celebration during Sunday's game against Cincinnati and Philadelphia CB Ansar Samuel \$40,000 for a helmet-to-helmet hit on N.Y. Giants WR Deiontae Hagan during Sunday's game.

CINCINNATI BENGALS — Signed S Jerry Miles from the practice squad. Waived DE Victor Adeyanju.

DALLAS COWBOYS — Signed S Andrew Sendejo to the practice squad. Released FB Alex Daniels from the practice squad.

MINNESOTA VIKINGS — Placed G Anthony Herrera on injured reserve. Signed T Patrick Brown from the practice squad. Signed CB Cary Harris to the practice squad.

NEW YORK GIANTS — Claimed WR Devin Thomas off waivers from Carolina. Placed FB Madison Hedgecock on injured reserve.

PHILADELPHIA EAGLES — Placed CB Ellis Hobbs on injured reserve. Signed CB Brandon Hughes from the N.Y. Giants practice squad.

WASHINGTON REDSKINS — Placed RB Clinton Portis on injured reserve.

Sacramento 9 p.m.

HOCKEY

NHL

MINNESOTA WILD — Recalled D Justin Falk and F Matt Kassian from Houston (AHL).

NEW YORK ISLANDERS — Assigned F Joshy Bailey on loan to Bridgeport (AHL).

PHOENIX COYOTES — Assigned D Oliver Ekman-Larsson to San Antonio (AHL).

ST. LOUIS BLUES — Activated D Barret Jackman from injured reserve.

VANCOUVER CANUCKS — Recalled LW Jeff Tambellini from Manitoba (AHL). Assigned F Peter Schaefer to Manitoba.

WASHINGTON CAPITALS — Recalled D Brian Fahey from Hershey (AHL).

Philadelphia 10:10

Philadelphia 11:00

Philadelphia 12:20

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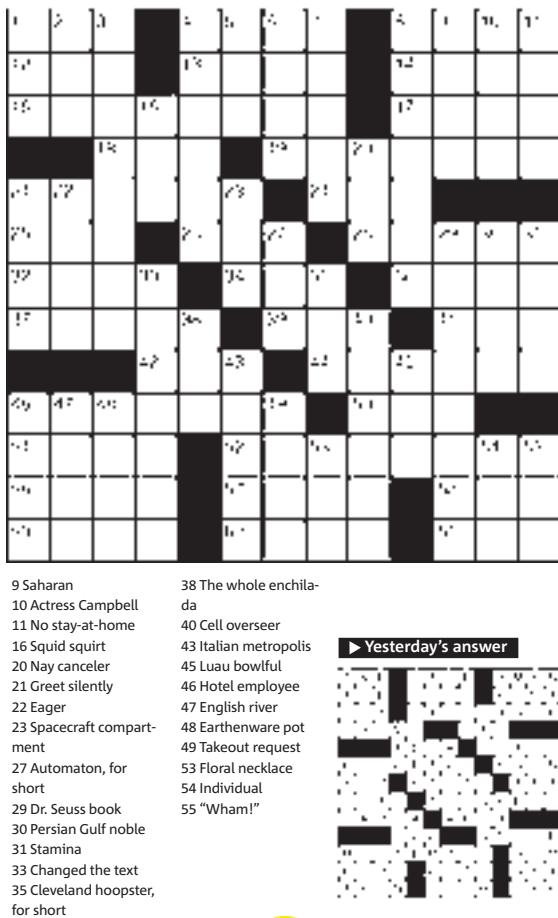
Crossword

Across

1 Back talk
4 Young bovine
8 Suspend
12 Commotion
13 Stench
14 Hydrox competitor
15 Haughty strutter
17 Split
18 Tar Heels' sch.
19 Move aimlessly
21 Sans elevator
24 Catcher's place?
25 Actress Gardner
26 Filch
28 Lucy's partner in
mischief
32 Virtue's opposite
34 One of the Dwarfs
36 A handful
37 Plant swelling
39 — Mahal
41 Glutton
42 Shade provider
44 Mists
46 Bright at night
50 Charged bit
51 "Lang Syne"
52 Sucker
56 Gilligan's home
57 Screenwriter James
58 Yoko of music
59 Out of power
60 Bleak, as a movie
61 Church seat

Down

1 Track circuit
2 Altar affirmative
3 Masses
4 Agree
5 N. modifier
6 Rich soil
7 Poultry purchase
8 Nasty nesters



9 Saharan
10 Actress Campbell
11 No stay-at-home
16 Squid squirt
20 Nay cancerer
21 Greet silently
22 Eager
23 Spacecraft compartment
27 Automaton, for short
29 Dr. Seuss book
30 Persian Gulf noble
31 Stamina
33 Changed the text
35 Cleveland hoopster, for short



For today's crossword answers and for expanded horoscopes, go to play@metronews.ca

Today's horoscope

Aries March 21-April 20 The planet Jupiter is giving you some big ideas but how will those ideas translate into practice? That is the question you must answer today. When you have answered it, act on it.

Taurus April 21-May Focus only on positive things, because if you allow negative thoughts to get a hold in your head you will find it very hard to shake them off.

Gemini May 22-June 21 You may encounter some hostility today, especially if you are the kind of Gemini to whom everything seems to come so easily. Not everyone has been blessed with your looks, intelligence and wit, so make allowances.

Cancer June 22-July 22 You may not agree with people's opinions today but you must respect them. If you feel the need to criticize, you must do so in a civilized fashion. The idea is to win them over, not turn them totally against you.

Leo July 23-Aug. 23 No matter how honest you think someone is, you must not allow them to make your financial decisions. Once you give away that power, you may have a hard time getting it back.

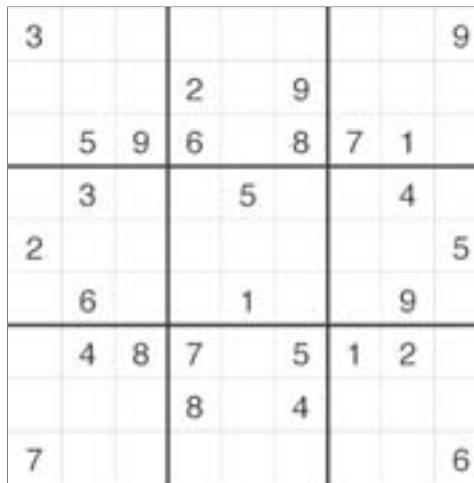
Virgo Aug. 24-Sept. 22 You may find it hard to stay calm today, especially if people drag their feet. Maybe you should scream and shout a bit. If nothing else, it will make you feel better.

Libra Sept. 23-Oct. 23 A friend or colleague will take liberties today and, to put it mildly, you won't be too happy about it. They may think you're a bit of a killjoy but let them know you're not amused.

Scorpio Oct. 24-Nov. 23 If you get excited about something that is not important today, you run the risk of missing out on something that is. There's interesting distractions but there is only one thing that matters: making money.

Sagittarius Nov. 23-Dec. 21 You may be full of yourself at the moment, but not everyone is as chirpy and chatty as you. That's okay though. Everyone you meet will end up smiling.

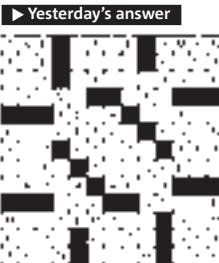
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



A look at the weather

THURSDAY



Min -14°
Max 0°

FRIDAY



Min 1°
Max -7°

SATURDAY



Min -8°
Max -4°

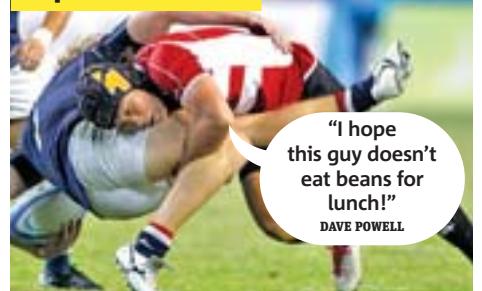
Michele McDougall



"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 6AM**

DITA ALANGKATA/ THE ASSOCIATED PRESS

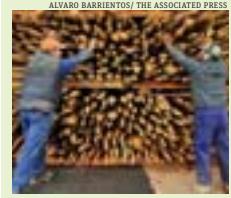
Caption contest



"I hope
this guy doesn't
eat beans for
lunch!"
DAVE POWELL



You write it!
Write a funny
caption for the image to
the right and send it to
play@metronews.ca —
the winning caption will be
published in tomorrow's
Metro.

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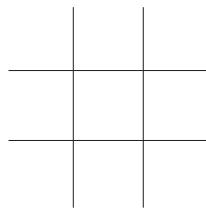


PASS IT ON...

Monster Mash. Help create a mythological creature.

Reader 1. Draw the head and neck.	
Reader 2. Draw the arms and torso.	
Reader 3. Draw hips and legs.	
Reader 4. Draw the feet.	

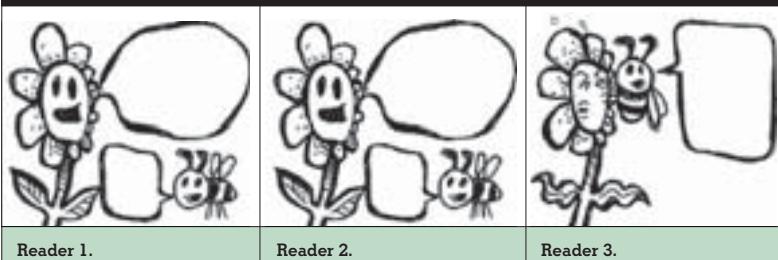
Tic Tac Team: Make either a 'x' or 'o' in one square then pass it on...



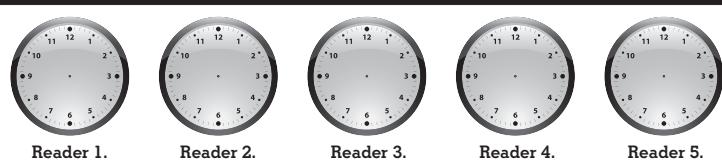
Instructions: After you're done reading this metro don't throw it out. Hand it to someone who fits the description below. Check the box and pass it on.

- Reader 1. Give to a man with a moustache.
- Reader 2. Give to someone wearing yellow.
- Reader 3. Give to a woman with a ponytail.
- Reader 4. Give to a person wearing a hat.

Collaborative cartoon - complete the speech bubbles in your respective box.



Finished reading? Time to pass it on. What time is it?



metro

News worth sharing.